



# Breast, Cervical and Colon Health Program

Saving Lives Through Early Detection

**Your body.  
Your life.  
Protect  
both.**

**Get Screened.**

**Healthy Communities**  
Washington

Healthy people in healthy places

As you age, the risk of cancer increases, especially if you are over 40. Regular screenings can find problems early when they are most treatable. When cancer is found early and treated, you increase your chances to live a longer life.



# The Best Protection is Early Detection.

Join the tens-of-thousands of people in Washington State who have already been screened for cancer.

*“I am very proud of the Washington Breast, Cervical and Colon Health Program for making screening a priority. I’m so glad that they are not leaving those people out who are not insured or don’t have the money to get this screening done. We would have fewer deaths if all people were aware of the wonderful cancer screenings available to them through these programs.”*

Marcia Schnaubelt  
Sequim, WA

Marcia has received breast, cervical and colon screening services through a program funded by the State Department of Health.



**Don't let money  
stand in your way.  
You could qualify  
for free screenings.**



You may be eligible for a health exam and cancer screening at no cost if you:

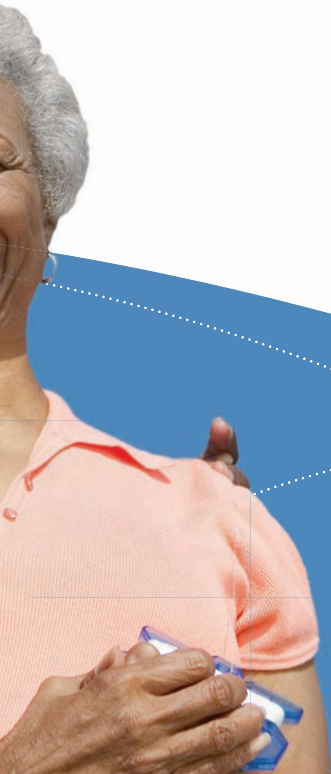
- are age 40 to 64
- have limited income
- have limited or no insurance

For a referral to a clinic near you or for more information, call (toll free):

**1-888-438-2247**

Call today and find out if you are eligible for these high quality screening programs:

- **Breast and Cervical Health Screening**  
for women ages 40-64
- **Colon Health Screening**  
for men and women ages 50-64



# Screening Guidelines

## For Early Detection of Breast Cancer:

Regular breast screening can find cancer when it is as small as a seed.

Recommended screenings:

- Mammogram (x-ray of the breast) every year (start at age 40)
- Clinical breast exam by a health care provider every year (start at age 18)

## To Prevent Cervical Cancer:

Cervical screening can detect treatable pre-cancerous cells before they progress to cancer.

Recommended screenings:

- Pap test every 1-3 years. Ask your health care provider how often you need a Pap Test (start at age 18)
- Human Papilloma Virus (HPV) vaccine for females (ages 9-26)



## To Prevent Colon Cancer:

Colon screening can detect growths early before they become cancer. You may never feel symptoms—only screening can detect it.

Recommended screenings (talk to your provider about which screening is right for you):

- FOBT or FIT (stool tests)
- Colonoscopy
- Flexible Sigmoidoscopy

Start colon health screenings at age 50. If you have a family history of colon cancer, you may need to start screening tests at an earlier age. Find out your family history and discuss with your health care provider.

National screening guidelines recommended by U.S. Department of Health & Human Services.



# Find your county below and call to see if you are eligible:

**Clallam, Jefferson,  
King, Kitsap**  
1-800-756-5437  
Public Health - Seattle  
& King County

**Clark, Cowlitz, Pacific,  
Skamania, Wahkiakum,  
Thurston, Grays  
Harbor, Lewis, Mason**  
1-800-992-1817  
Southwest Washington  
Medical Center

**Adams, Asotin, Ferry,  
Garfield, Lincoln,  
Pend Oreille, Spokane,  
Stevens, Whitman**  
1-888-461-8876  
Spokane Regional  
Health District

**Chelan, Douglas,  
Grant, Okanogan**  
1-888-551-3994  
Wenatchee Valley  
Medical Center

**Island, San Juan,  
Skagit, Snohomish,  
Whatcom**  
1-888-651-8931  
Citrine Health

**Pierce**  
1-253-798-2987  
Tacoma-Pierce County  
Health Department

**Benton, Columbia,  
Franklin, Kittitas,  
Klickitat, Walla Walla,  
Yakima**  
1-509-249-6512  
Yakima Health District



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[www.doh.wa.gov/cfh/BCCHP](http://www.doh.wa.gov/cfh/BCCHP)





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**Health Education Resource Exchange Web Team**